

144/A: Filer Information

Filer CIK	0001471262
Filer CCC	XXXXXXXX
Previous Accession Number Of The Filing	0001974078-23-000137
Is this a LIVE or TEST Filing?	<input checked="" type="radio"/> LIVE <input type="radio"/> TEST

Submission Contact Information

Name	
Phone	
E-Mail Address	

144/A: Issuer Information

Name of Issuer	MGP INGREDIENTS INC
SEC File Number	000-17196
Address of Issuer	1300 MAIN ST ATCHISON KANSAS 66002
Phone	9133671480
Name of Person for Whose Account the Securities are To Be Sold	Seaberg Karen

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer	Officer
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144/A: Securities Information

Title of the Class of Securities To Be Sold	COMMON
Name and Address of the Broker	RAYMOND JAMES & ASSOCIATES INC 880 CARILLON PKWY ST. PETERSBURG FL 33716
Number of Shares or Other Units To Be Sold	233
Aggregate Market Value	27573.22
Number of Shares or Other Units Outstanding	21950862
Approximate Date of Sale	09/01/2023
Name the Securities Exchange	NASDAQ

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144/A: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	06/28/2016
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	LAIDACKER SEABERG REV TRUST

Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	06/28/2016
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Amount of Securities Acquired	76435
Date of Payment	
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	12/19/2016
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	LAIDACKER SEABERG REV TRUST

Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	12/19/2016
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Amount of Securities Acquired	1030
Date of Payment	
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	01/20/2009
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	CLOUD L CRAY FAMILY TRUST

Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	01/20/2009
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Amount of Securities Acquired	117320
Date of Payment	

Nature of Payment

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class

Date you Acquired

Nature of Acquisition Transaction

Name of Person from Whom Acquired

Is this a Gift? Date Donor Acquired

Amount of Securities Acquired

Date of Payment

Nature of Payment

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class

Date you Acquired

Nature of Acquisition Transaction

Name of Person from Whom Acquired

Is this a Gift? Date Donor Acquired

Amount of Securities Acquired

Date of Payment

Nature of Payment

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class

Date you Acquired

Nature of Acquisition Transaction

Name of Person from Whom Acquired

Is this a Gift? Date Donor Acquired

Amount of Securities Acquired

Date of Payment	
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	02/29/2012
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	CLOUD L CRAY FAMILY TRUST

Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	02/29/2012
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Amount of Securities Acquired	600
Date of Payment	
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	12/24/2012
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	CLOUD L CRAY JR FAMILY TRUST

Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	12/24/2012
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Amount of Securities Acquired	600
Date of Payment	
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	12/04/2013
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	CLOUD L CRAY JR FAMILY TRUST

Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	12/04/2013
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Amount of Securities Acquired	600
Date of Payment	
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	12/16/2014
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	CLOUD L CRAY JR FAMILY TRUST

Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	12/16/2014
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Amount of Securities Acquired	500
Date of Payment	
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	12/15/2015
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	CLOUD L CRAY JR FAMILY TRUST

Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	12/15/2015
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Amount of Securities Acquired	272
Date of Payment	
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	12/17/2016
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	CLOUD L CRAY JR FAMILY TRUST

Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	12/17/2016
Amount of Securities Acquired	81	
Date of Payment		
Nature of Payment	N/A	

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class	COMMON	
Date you Acquired	08/25/2016	
Nature of Acquisition Transaction	GIFT	
Name of Person from Whom Acquired	CLOUD L CRAY FAMILY TRUST	

Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	08/25/2016
Amount of Securities Acquired	4694	
Date of Payment		
Nature of Payment	N/A	

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class	COMMON	
Date you Acquired	08/25/2016	
Nature of Acquisition Transaction	GIFT	
Name of Person from Whom Acquired	CLOUD L CRAY FAMILY TRUST	

Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	08/25/2016
Amount of Securities Acquired	44594	
Date of Payment		
Nature of Payment	N/A	

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class	COMMON	
Date you Acquired	11/16/2017	
Nature of Acquisition Transaction	GIFT	

Name of Person from Whom Acquired

Is this a Gift? Date Donor Acquired

Amount of Securities Acquired

Date of Payment

Nature of Payment

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class

Date you Acquired

Nature of Acquisition Transaction

Name of Person from Whom Acquired

Is this a Gift? Date Donor Acquired

Amount of Securities Acquired

Date of Payment

Nature of Payment

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class

Date you Acquired

Nature of Acquisition Transaction

Name of Person from Whom Acquired

Is this a Gift? Date Donor Acquired

Amount of Securities Acquired

Date of Payment

Nature of Payment

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class

Date you Acquired

Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	KAREN SEABERG
Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired
	09/18/2018
Amount of Securities Acquired	10000
Date of Payment	
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	12/14/2018
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	KAREN SEABERG
Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired
	12/14/2018
Amount of Securities Acquired	363
Date of Payment	
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	12/18/2018
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	CLOUD L CRAY JR FAMILY TRUST
Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired
	12/18/2018
Amount of Securities Acquired	88
Date of Payment	
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class	COMMON
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Date you Acquired	02/27/2019
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	CLOUD L CRAY JR FAMILY TRUST

Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	02/27/2019
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Amount of Securities Acquired	192
Date of Payment	
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	05/21/2019
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	KAREN SEABERG

Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	05/21/2019
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Amount of Securities Acquired	823
Date of Payment	
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	07/30/2020
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	CLOUD L CRAY JR FAMILY TRUST

Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	07/30/2020
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Amount of Securities Acquired	71
Date of Payment	
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	11/17/2020
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	BOARD COMPENSATION

Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	11/17/2020
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Amount of Securities Acquired	7625
Date of Payment	
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	02/18/2021
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	LADACKER SEABERG REV TRUST

Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	02/18/2021
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Amount of Securities Acquired	104993
Date of Payment	
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	08/19/2021
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	BOARD COMPENSATION

Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	08/19/2021
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Amount of Securities Acquired	2687
Date of Payment	
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	03/06/2023
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	KAREN SEABERG

Is this a Gift? Date Donor Acquired 03/06/2023

Amount of Securities Acquired	2905
Date of Payment	
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	02/29/2012
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	CLOUD L CRAY JR FAMILY TRUST

Is this a Gift? Date Donor Acquired 02/29/2012

Amount of Securities Acquired	335314
Date of Payment	
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144/A: Securities To Be Sold

Title of the Class	COMMON
Date you Acquired	12/01/2022
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	CLOUD L CRAY JR FAMILY TRUST

Is this a Gift? Date Donor Acquired 12/01/2022

Amount of Securities Acquired	29594
Date of Payment	
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144/A: Securities Sold During The Past 3 Months

Name and Address of Seller	KAREN SEABERG 20073 266TH RD ATCHISON KS 66002
Title of Securities Sold	COMMON
Date of Sale	06/16/2023
Amount of Securities Sold	125
Gross Proceeds	12810.80

144/A: Securities Sold During The Past 3 Months

Name and Address of Seller	KAREN SEABERG 20073 266TH RD ATCHISON KS 66002
Title of Securities Sold	COMMON
Date of Sale	06/20/2023
Amount of Securities Sold	120
Gross Proceeds	12203.74

144/A: Securities Sold During The Past 3 Months

Name and Address of Seller	KAREN SEABERG 20073 266TH RD ATCHISON KS 66002
Title of Securities Sold	COMMON
Date of Sale	07/03/2023
Amount of Securities Sold	235
Gross Proceeds	25049.03

144/A: Securities Sold During The Past 3 Months

Name and Address of Seller	KAREN SEABERG 20073 266TH RD ATCHISON KS 66002
Title of Securities Sold	COMMON
Date of Sale	08/02/2023
Amount of Securities Sold	221
Gross Proceeds	24955.74

144/A: Securities Sold During The Past 3 Months

Name and Address of Seller	KAREN SEABERG 20073 266TH RD ATCHISON KS 66002
Title of Securities Sold	COMMON
Date of Sale	06/20/2023
Amount of Securities Sold	985
Gross Proceeds	100172.41

144/A: Securities Sold During The Past 3 Months

Name and Address of Seller	KAREN SEABERG 20073 266TH RD ATCHISON KS 66002
Title of Securities Sold	COMMON
Date of Sale	07/23/2023
Amount of Securities Sold	938
Gross Proceeds	99982.97

144/A: Securities Sold During The Past 3 Months

Name and Address of Seller	KAREN SEABERG 20073 266TH RD ATCHISON KS 66002
Title of Securities Sold	COMMON
Date of Sale	08/02/2023
Amount of Securities Sold	880
Gross Proceeds	99940.18

144/A: Securities Sold During The Past 3 Months

Name and Address of Seller	KAREN SEABERG 20073 266TH RD ATCHISON KS 66002
Title of Securities Sold	COMMON
Date of Sale	06/16/2023
Amount of Securities Sold	975
Gross Proceeds	99924.32

144/A: Securities Sold During The Past 3 Months

Name and Address of Seller	KAREN SEABERG 20073 266TH RD ATCHISON KS 66002
Title of Securities Sold	COMMON

Date of Sale	07/03/2023
Amount of Securities Sold	938
Gross Proceeds	99982.97

144/A: Securities Sold During The Past 3 Months

Name and Address of Seller	KAREN SEABERG 20073 266TH RD ATCHISON KS 66002
Title of Securities Sold	COMMON
Date of Sale	08/01/2023
Amount of Securities Sold	886
Gross Proceeds	99924.76

144/A: Remarks and Signature

Remarks	
Date of Notice	09/01/2023
Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1	03/14/2023

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature	MOHAMMED ALSHATRI, as duly authorized representative of Raymond James & Associates, Inc., as attorney-in-fact for KAREN SEABERG
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ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)